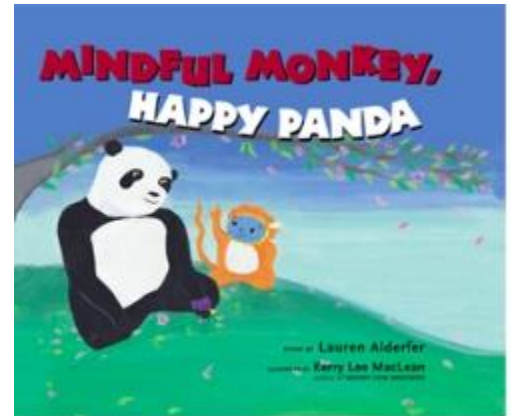


**Day 3: Theme:** Mindfulness- I am aware and mindful of my surroundings

**Book:** *Mindful Monkey, Happy Panda* by Kerry Lee MacLean and Lauren Alderfer

**Purpose:** Mindfulness can be a vital tool to children, as well as adults, but it is a learned skill that must be introduced and then practiced. Cultivating this skill could aid your child with self-awareness, control, focus, and so much more!

**Handouts:** S.T.O.P. exercise cards to practice steps to mindfulness & Starfish Breathing poster to practice calm breathing.



**Activity:** The Art of Touch

Each child is given a feather and asked to close their eyes and describe what the object felt like to a partner. They then traded places with their partner and repeated the process. This exercise, although simplistic, is a compelling way to teach children the practice of isolating their senses from one another, and tuning into distinct experiences. You can also have the children talk about opportunities to be mindful in class. Brainstorm with children to develop a list for the class! If they come up with the idea they are more likely to continuously use it.

**Other options:**

-Sense of Smell: Pass something fragrant out to each child, such as a piece of fresh orange peel, a sprig of lavender or a jasmine flower. Ask them to close their eyes and breathe in the scent, focusing all of their attention only on the smell of that object. Scent can really be a powerful tool for anxiety-relief.

-Mindful Posing: To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy. Have them go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following two poses:

The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible.

The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips